


Monday		Tuesday		Wednesday		Thursday		Friday		
<div><b>Elder Abuse Awareness Month</b> <b>JUNE 2016</b> <b>Frederick Senior Center</b> 301.600.1048 for meals      301.600.1605 for Info</div>				Strength Training – 9a Bridge# – 9a Rummikub – 10a Spanish Class-10.15a M&M Exercise – 11a Bridge, Pinochle – 12.30p Zumba Gold* – 12.30p Line Dancing* – 1.30p		<b>1</b>	Quilting – 9a Strength Training – 11a Chair Yoga* – 12.15p Nutrition Talk- <i>Dairy in your Diet</i> – 12.30p Bookmobile – 1p Knitting Club – 1.30p Tai Chi* – 1.30p FDS: <i>Diabetes*</i> – 1.30p	<b>2</b>	Strength Training – 9.30a M&M Exercise – 11a Canasta – 12.30p Zumba Gold* – 12.30p Mah Jongg – 1p Groceries For Seniors – 1p	<b>3</b>
Strength Training – 9.30a M&M Exercise – 11a Honors Class# – 11a-1p Blotter Bingo – 12.30p Bridge# – 12.30p Zumba Gold* – 4.30p		<b>6</b>	Blood Pressure Checks-10a ILR Watercolor Class*- 10a Strength Training – 11a Mah Jongg – 11.30a Alzheimer's Grp – 12p Chair Yoga* – 12.15p Bingo – 12.30p Watercolor Club – 1p	<b>7</b>	Strength Training – 9a Bridge# – 9a Medicare Workshop* – 9a Rummikub – 10a Spanish class -10.15a M&M Exercise – 11a Bridge, Pinochle – 12.30p Zumba Gold* – 12.30p Line Dancing* – 1.30p	<b>8</b>	Quilting – 9a Strength Training – 11a Chair Yoga* – 12.15p Money Talk- <i>Where Can I Find Financial Help</i> – 12.30p Tai Chi* – 1.30p	<b>9</b>	Strength Training – 9.30a Horseback Riding Trip* – 9.45a M&M Exercise – 11a Canasta – 12.30p Zumba Gold* – 12/30p Mah Jongg – 1p	<b>10</b>
Strength Training – 9.30a SRC- Book Club – 10a M&M Exercise – 11a Musical Entertainment: <i>Who So Ever Will</i> – 12.30p Cards and Games – 12.30p Zumba Gold* – 4.30p		<b>13</b>	ILR Watercolor Class*- 10a Strength Training – 11a Mah Jongg – 11.30a Chair Yoga* – 12.15p Bingo – 12.30p Watercolor Club – 1p	<b>14</b>	Strength Training – 9a Medicare Workshop* – 9a Rummikub – 10a Computer DiscussGrp-10.15a Spanish Class -10.15a M&M Exercise – 11a Bridge, Pinochle – 12.30p Zumba Gold* – 12.30p Line Dancing* – 1.30p	<b>15</b>	Quilting – 9a Strength Training – 11a Chair Yoga* – 12.15p Fathers & Friends Lunch – 12p Health Talk- <i>Why Should I Stay Active?</i> – 12.30p Bookmobile – 1p Knitting Club – 1.30p Tai Chi* – 1.30p	<b>16</b>	Strength Training – 9.30a M&M Exercise – 11a <b>Tie One On For Dad – a program and lunch to honor the men who have influenced us. – 11.30a</b> Canasta – 12.30p Zumba Gold* – 12/30p Mah Jongg – 1p	<b>17</b>
Strength Training – 9.30a M&M Exercise – 11a Crafts With Cathy– 12.30p Cards and Games – 12.30p Zumba Gold* – 4.30p		<b>20</b>	ILR Watercolor Class*- 10a Strength Training – 11a Mah Jongg – 11.30a Chair Yoga – 12.15p Bingo – 12.30p Watercolor Club – 1p	<b>21</b>	Strength Training – 9a Rummikub – 10a Spanish Class -10.15a M&M Exercise – 11a Bridge, Pinochle – 12.30p Zumba Gold* – 12.30p Line Dancing* – 1.30p	<b>22</b>	Quilting – 9a Strength Training – 11a Chair Yoga* – 12.15p Consumer Talk- <i>Avoiding Scams</i> – 12.30p FDS Cards & Games – 12.30p Tai Chi* – 1.30p	<b>23</b>	Ft. Hunter Trip* – 9a Strength Training – 9.30a M&M Exercise – 11a Canasta – 12.30p Zumba Gold* – 12/30p Mah Jongg – 1p	<b>24</b>
Strength Training – 9.30a M&M Exercise – 11a Musical Entertainment: <i>Pete Baugher &amp; Betty</i> – 12.30p Cards and Games – 12.30p Zumba Gold* – 4.30p		<b>27</b>	ILR Watercolor Class*- 10a Strength Training – 11a Mah Jongg – 11.30a Chair Yoga – 12.15p Bingo – 12.30p Watercolor Club – 1p	<b>28</b>	Strength Training – 9a Rummikub – 10a Spanish Class -10.15a M&M Exercise – 11a Bridge, Pinochle – 12.30p Zumba Gold* – 12.30p Line Dancing* – 1.30p Caregiver Support – 1.30p	<b>29</b>	Quilting – 9a Strength Training – 11a Chair Yoga* – 12.15p Health Talk- <i>A Talk With Ed</i> – 12.30p Bookmobile – 1p Tai Chi* – 1.30p	<b>30</b>	<b>Weds. June 15<sup>th</sup></b> <b>FRAUD Awareness</b> <b>Free Dinner &amp; Program</b> <b>begins @ 5.30pm</b> <b>RSVP by 6/13/16 to</b> <b>Mia- 301.600.2877</b>	

\*Requires pre-registration.

#Participation limited, call for details.

Fees may apply for some classes and programs.